

JULY 20 LACDMH RADIO SHOW FEATURES ORGANIZING SPECIALIST REGINA LARK



This Saturday, July 20, 2013 at 8:00-9:00 P.M., tune in for the weekly “Free Your Mind Projects Radio Show” which has moved to KABC-AM (AM 790). The Los Angeles County Department of Mental Health (LACDMH) is a proud sponsor of this unique radio show.

Whether you’re in your car or at home, tune in and listen to the hour-long program designed to promote awareness on mental health issues. This week, LACDMH Public Affairs Director Kathleen Piché will be co-hosting with Dr. Regina Lark, an organizing specialist.

On the show, Dr. Lark will talk about hoarding and how she helps hoarders clear the clutter. She has been featured on the show *Hoarders* and is the author of *Psychic Debris, Crowded Closets: The Relationship between the Stuff in Your Head and What’s Under Your Bed*. She’s a board certified professional organizer, founder and president of A Clear Path which provides physical, emotional and psychological support to people who want to clear the chaos and clutter from their lives.

If you miss the show, you can always listen to it archived on the Free Your Mind Projects website: <http://www.freeyourmindprojects.com/category/radio/>.